

CHICKEN KABOBS- PREP LIST



GROCERIES

Produce

- 1 large sweet yellow onion
- 1 green bell pepper
- 1 yellow bell pepper
- 1 red bell pepper
- 1 head of garlic

Poultry

- 3 pounds boneless chicken thighs

Seasoning

- Garlic powder
- Black pepper
- Smoked paprika

Other

- Olive oil
- Honey
- Soy sauce

SUPPLIES

- 10 inch bamboo skewers
- Measuring cups
- Tongs
- Large zip-loc bag
- Cutting board
- Chef's knife
- Garlic crusher (optional)
- Indoor or outdoor grill or baking sheet
- Aluminum foil (if using baking sheet)
- Basting brush



CHICKEN KABOBS- RECIPE

Ingredients

- 3 pounds chicken thighs, patted dry and cut into 1 inch chunks
- 1/3 c honey
- 1/3 c soy sauce
- 1/2 c olive oil
- 1/2 tsp garlic powder
- 1/2 tsp pepper
- 1/4 tsp smoked paprika
- 2 garlic cloves, minced
- 1 red bell pepper, cut into 1 inch chunks
- 1 orange bell pepper, cut into 1 inch chunks
- 1 green bell pepper, cut into 1 inch chunks
- 1 large sweet yellow onion, cut into 1 inch chunks



CHICKEN KABOBS- RECIPE

Recipe

Begin by soaking skewers for at least 30 minutes. Place garlic, honey, soy sauce, oil, garlic powder, paprika, and pepper into a large ziploc bag. Close the bag and shake to ensure all ingredients are well combined. Next, ensure that peppers and onions are dry, then add to the bag followed by the chicken. Marinate for up to 2 hours. Thread skewers with an assortment of chicken, onions, and peppers, leaving space between each piece.

For Grill: Lightly oil and preheat grill to high heat. Once hot, cook for 12 to 15 minutes, until chicken juices run clear. Turn and brush with marinade frequently.

For Oven: Preheat oven to a high broil (500° F). Place skewers on an aluminum lined baking sheet. Bake for 5 minutes on one side, then flip and bake for 9 minutes or until charred on the other side. Enjoy!